



The Employee Assistance Program by GreenShield Health is here to support you and your dependents with comprehensive and personalized well-being support from our diverse network of care providers. Access a wide range of treatment options based on your mental health and life goals.

This program is completely confidential, voluntary, and accessible whenever you need it. Make your first secure and encrypted online counselling appointment within 24-72 hours.

**Get the right care,  
without the wait,  
anytime, anywhere.**

For general  
support questions  
and crisis support, call:

**1-833-707-4747**

(TOLL-FREE, 24/7/365)

When asked, indicate your company/plan sponsor is:  
**The Construction Industry's Benefit Plan (CIBP)**

[greenshield.ca](https://greenshield.ca)



Employee Assistance Program

**Better workplace  
mental health  
is here.**

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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.



## Individual and Couples Counselling

Access confidential virtual therapy from wherever you are. With our personalized matching algorithm, we match you with a qualified therapist who is best suited to your needs and preferences – whenever you need to talk.

1. Complete a short assessment
2. We generate a short-list of counsellors best-suited to you
3. Book an appointment in as little as 24-72 hours

Get support for

- Depression
- Anxiety
- Addiction
- Stress Management
- Burnout
- Anger Management
- Grief and Loss
- Trauma
- + more



## Work, Health and Life Services

We know it takes more than just therapy to live and stay well.

In just a few clicks, our platform helps connect you with trained professionals including registered nurses, nutritionists, financial coaches and more to help you achieve your goals.

Get support for

- Work and career challenges
- Health and nutrition goals
- Legal issues
- Financial planning
- Family planning, parenting, relationships
- Moving homes and processing change
- Eldercare and navigating retirement



Employee Assistance Program

## Get Started

Start your mental health journey with your free sponsored hours today.

### How to register on GreenShield+

1. **Scan** the QR code below or go to [app.greenshieldplus.ca](https://app.greenshieldplus.ca)
2. Follow the instructions

Having trouble? Find help in our support centre at [greenshieldplus.zendesk.com](https://greenshieldplus.zendesk.com)



[app.greenshieldplus.ca/signin](https://app.greenshieldplus.ca/signin)

